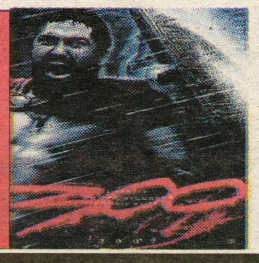
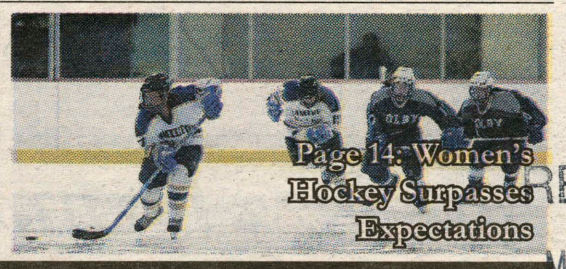
Page 11: Prepare for Glory



Page 4: Catch Up with Professor Cheng Li



Page 14: Women's Hockey Surpasses Expectations

A Hamilton College Student Publication, Clinton, NY

March 9, 2007

Volume XXXXVII Number 21

THE SPECTATOR

Six Awards Given at Hamilton Public Speaking Competition Finals Last Saturday

by Meredith Kennedy '09
News Writer

The final rounds of Hamilton College's annual public speaking contest took place on Saturday, March 3 in the Chapel.

Twenty students were selected from the original thirty-two based on their performance in the preliminary rounds on February 10.

Students from all class years and concentrations competed for three different prizes— The McKinney Prize, The Clark Prize and The Warren Wright Prize.

Professor of Communication Catherine Phelan, who organized the competition and played a crucial role during the preliminary round, was pleased with the increased student interest compared with previous years.

The award-winning speeches covered a variety of topics that were both socially significant and relevant to the Hamilton community.

This year, Phelan noted that students displayed greater competency in embracing the challenge of the contest; the contestants' ability to embrace this challenge with such strength made them deserving of the awards.

The McKinney Prize, open to all full-time students, awards $550 to one member from each class year.

The award is based on a five to eight-minute persuasive speech that has relevance to a Hamilton College audience.

This year's winners include Kathryn Zavin '10 for her speech "Sign Up for Life," Stuart Lombardi '09 with "The Other Deficit," Rachel Cannon '08 with"On the Loss of the Alexander Hamilton Center," and Michael Blasie '07 for his speech entitled "A Change of Attitude."

The Clark Prize is open to seniors of all concentrations and is the only award that requires both a speech and an essay about an assigned topic.

The topic was "Hamilton: The Second Time Around," which asked seniors what new perspectives they might bring if they had the chance to do it all over again.

This year, the $2,000 prize was awarded to Michael Blasie '07 for his speech entitled "Carissima."

The Warren E. Wright Prize, which awards $5,000 to one winner, is open to students who have taken or are currently enrolled in one of two courses in Public Speaking in the Department of Communication.

This year's recipient was Michael Blasie '07, who ended up receiving three of the six awards. Blasie won this prize for his six to eight-minute informative speech entitled "No Thank You."

This year the competition had greater student interest, with an increased number of female participants compared to previous years.

Each year, as Phelan noted, the competition grows because students become more eager to "take it on."

Phelan admitted that she learns a lot from the students when given the opportunity to sit back and listen to them.

In addition to the great abilities evident within the competition, Phelan saw "a spirit of engagement," which is "not always seen in the classroom, but needed in life."

These contestants' promising spirit of engagement is what helped make the competition a success.

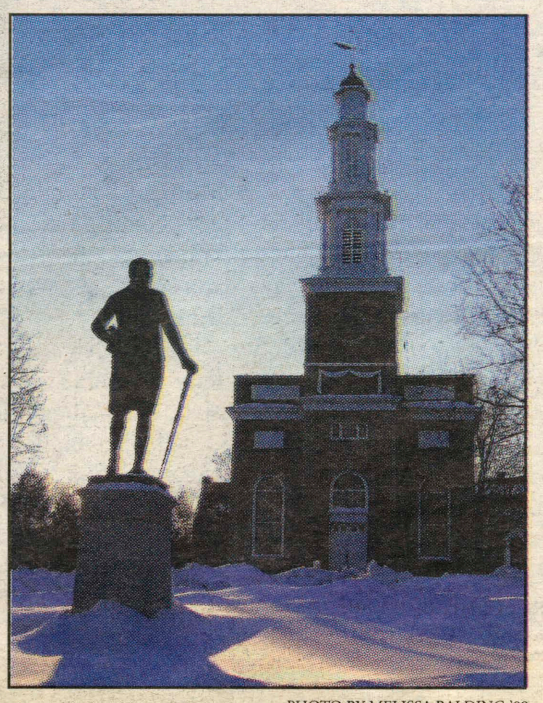


PHOTO BY MELISSA BALDING '09

This year's final round was held in the Hamilton Chapel.

Remembering Bob Rosengarden

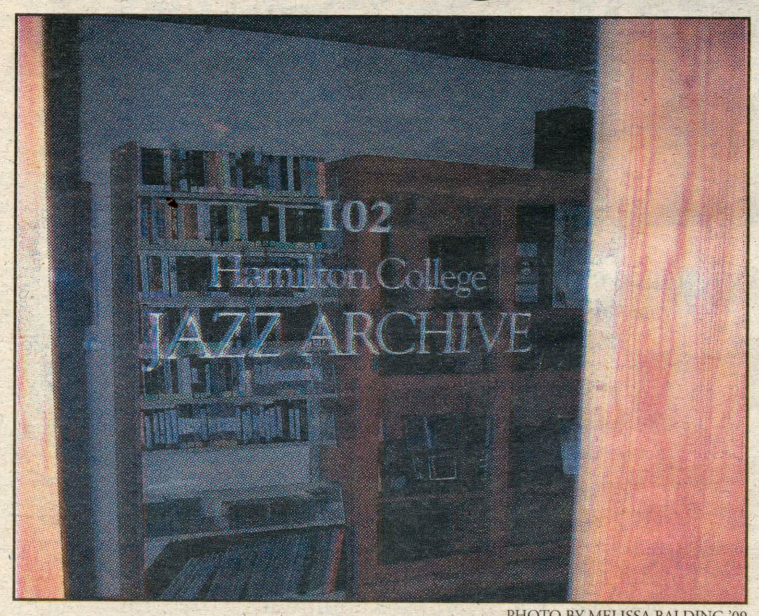


PHOTO BY MELISSA BALDING '09

Rosengarden contributed work to the Hamilton Jazz Archive.

by Bessie Taliaferro '10
News Writer

Bobby Rosengarden, drummer/percussionist and a recipient of an honorary degree from Hamilton in 1999, passed away on February 27.

Rosengarden, who received a scholarship to the University of Michigan, performed frequently here at Hamilton, on national television, and in festivals all over the country.

His performances on the Hill included numerous jazz events in the Fillius Events Barn, often lead by his good friend Milt Fillius Jr. '44. His final performance

see ***Rosengarden****, page 2*

Faculty Approves New Schedule and Calendar Changes in Close Vote

PHOTO BY LAUREN MOON '09

The vote took place at this past Tuesday's faculty meeting in the Fillius Events Barn.

by Emily Poe 10'
News Editor

At this past Tuesday's faculty meeting, held in the Fillius Events Barn, faculty voted on The Academic Council proposal to change certain portions of the Hamilton academic schedule. In a two-part vote, the faculty approved the proposal.

The changes in the newly approved proposal, which will become effective beginning in the 2008-2009 academic year, affect both the *Hamilton College Catalogue* and the academic calendar.

The newly approved calendar and catalogue will allow for a Thursday start day for fall semester classes and a three-day reading period at the end of the fall and spring semesters.

Also, new student orientation will begin the Saturday prior to the beginning of classes.

This will allow for a week- long Thanksgiving recess, as opposed to the current three-day recess.

Additionally, October break will be scheduled for the Thursday and Friday following Columbus Day.

Before the vote on the proposal took place, faculty members discussed the possible problems that the proposal could create if implemented.

see, ***Faculty Meeting****, page 2*

Late Jazz Drummer Received Honorary Hamilton Degree

*from **Rosengarden**, page 1*

before he retired took place in the fall of 2002 in Wellin Hall with fellow honorary degree recipients Dick Hyman, Bucky Pizzarelli, Bob Wilber and the late Kenny Davern.

"Prior to appearing on the big screen, Rosengarden worked on recordings with Duke Ellington and Miles Davis."

On national television, he was one of the original band members on *The Tonight Show* and was also a band member on *The Dick Cavett Show* from 1969 to 1974.

He played the bongos for Harry Belafonte and played the drums for Jimi Hendrix during a Cavett show performance.

Prior to appearing on the big screen, Rosengarden performed with military bands during the 1940s and even worked on recordings with Duke Ellington, Miles Davis and Gil Evans.

Rosengarden was a member of the Jazz Society of Pensacola, the World's Greatest Jazz Band (1974-78), Soprano Summit (1975-78), The New York Jazz Repertory Company, and Gerry Mulligan's combo.

Rosengarden was well known on the New York music scene, as well as here at Hamilton.

He even made interview material available to students at the Hamilton College Jazz Archive.

He died in Florida at the age of 82 and is survived by his wife Sharon of Sarasota, Fla., his sons Neil of Cleveland, Ohio and son Mark, of San Rafael, California; a sister, Joan Meyer of Boynton Beach; and four grandchildren.

Congratulations to the following Hamilton Professors who recently received tenure:

Assistant Professor of Psychology
Jennifer Borton

Assistant Professor of Mathematics
Michelle LeMasurier

Associate Professor of English
Onno Oerlemans

Associate Professor of Africana Studies
Tiffany Patterson

Wish spring break could last all year?
Then write for Spectator News.

It's like spring break minus the sun, beach and parties.

email **epoe** if interested

PHOTO BY LAUREN MOON '09

The approved calendar and catalogue changes will become effective during the 2008-2009 school year.

*from **Faculty Meeting**, page 1*

One concern with the schedule changes was the effect the week-long Thanksgiving recess would have on students who usually stay at Hamilton during the break, such as International students.

Dean of Students Nancy Thompson said that if the break were extended to a week, they would try to come up with more trips and activities for those students who remain on the Hill during Thanksgiving recess.

Many faculty members were also concerned with the possible disruption that the one -week break could create in rhythm of the schedule, as there would only be two weeks of classes left following the Thanksgiving break.

There was an additional concern about the Thursday start date of fall classes, which would only allow for a two-day long first week.

Along with the reservations concerning the proposal, there were also many positive comments.

"I'm wildly enthusiastic about this," said Psychology Professor Greg Pierce, concerning the proposed calendar and schedule modifications.

Professor of English Nat Strout commented, "I like this change." Thanksgiving is a badly placed holiday and it's a partial one-week break anyway.

Prior to the faculty vote on the proposal, Professor of Comparative Literature Peter Rabinowitz called for a motion to separate the catalogue and calendar changes into two different votes. Rabinowitz's motion was seconded .

Faculty voted first on the altered *Hamilton College Catalogue* and then on the altered academic calendar.

An overwhelming majority approved the first motion. On the other hand, the second motion passed by a vote of 35 to 34.

THE SPECTATOR

Spring's Almost Here!

Spring Break falls at the perfect time in the Hamilton schedule. Whoever it was that first determined that students needed a spring break is a complete and total genius. Maybe it was created for the teachers, but whoever it was that came up with it deserves a hug, and I hate hugs.

At Hamilton, Spring Break this year takes place at the end of what will likely be one of our coldest weeks of the year. With temperatures falling well below zero, many students were counting the hours before they would jet home, to the beach or go skiing. Wherever we're headed, the general consensus is that we're thrilled to be getting off campus. I'm as excited to get out of as everyone else, but I'm just as excited to come back and have the my best spring yet.

To name just a few events that I look forward to being a part of: HamTrek is approaching (better start training!); MayDay is always guaranteed to be fun (Sun + Citizen Cope = Heaven); Stone Cold Dead Serious will be showing a few *weekends in April; CAB is* sponsoring great bands and comedians (Ellis Paul!); Spring sports will be well underway and last but not least, Class & Charter Day is an Annual Favorite for every Hamilton student.

There are other non-events that make Spring at Hamilton one of the best times of the year. These include: studying outside, driving with your windows open, smiles marking the end of seasonal depression, eating meals outside, and best of all: skirts.

In my opinion, HamTrek is one of the coolest things we have on our campus. I participated my sophomore year, volunteered my junior year and plan to participate again this spring as a senior. For those of you have been under a rock or who delete your e-mails without reading them, HamTrek is Hamilton's Sprint Triathlon which will take place on May 4, 2007. You can participate on your own or on a team, single-sex or co-ed (as I did when I won with Brook Wolcott '06 and Rob Taylor '07). There is a 525-yard swim, about a nine-mile bike and about a five-mile run. It's a perfect non-alcoholic alternative to the regular Class & Charter Day festivities.

MayDay this year is going to be fantastic. Citizen Cope is coming to play and they are going to be ridiculous. This year, the day-long concert will take place on either the Main Quad or the Football Field and it is guaranteed to be great just because Citizen Cope is coming! CAB will surely not disappoint with additional acts and, since they'll be pooling funds with IMF and WHCL, there will definitely be other great bands to fill our campus with their sweet tunes.

Hamilton's Spring Theater production is not-to-be-missed. This year, Stone Cold Dead Serious by Adam Rapp will show April 12 through April 14 and April 18 through April 21 in Minor Theater. The Theatre Department's website describes the production as "hilarious and heartbreaking, a high-octane romp across the wastelands of American suburbia." The Department is serious when they say: "This production is intended for mature audiences and contains nudity, adult language and sexual situations." Sounds like it might be right up most students' alleys.

CAB has a great deal on their agenda for the spring. In my opinion, since CAB sponsors most of MayDay whatever else they bring to campus in the spring is a bonus! One guy not to be missed is Ellis Paul. *He is making his annual trek* back to Hamilton and will be playing Thursday, March 29 as a part of the Acoustic Coffeehouse Series. He is a talented singer-songwriter and everyone should attend. On April 14, Stevie Starr will be on campus and then one week later on April 21, comedian Dwayne Perkins will perform. As of late, CAB puts me in a pretty good mood, especially when my iPod turns on Citizen Cope and I tell my extremely patient roommate, "Citizen Cope is coming to Hamilton!" for the three thousandth time. (Then I usually jump up from my computer, sit on the futon for a minute and go back to whatever I was doing until the next musical reminder.)

As Sports Editor of The Spectator, I also get psyched about Hamilton's spring sports. Men's and Women's Lacrosse are both poised to have great seasons. Softball and Baseball will undoubtedly improve upon their finishes last season and I have my fingers crossed that the weather will improve enough after break for both teams to practice outside. Track & Field caps a great Indoor season and will soon head outside to run, jump and throw their way into Liberty League contention. Tennis and Crew start the second halves of their seasons after a long winter of hibernation and, hopefully, preparation. Non-athletes, the fans, have a responsibility to cheer for these teams when they're playing at home this spring.

Ohhh Class & Charter Day. With classes cancelled from noon on, this day of gallavanting around campus all afternoon is a highlight of most students' springs. Pending good weather (which we've had in my three years so far), students tend to gather at the Griffin Road apartments and have a pretty good time. Class & Charter Day is definitely something to look forward to this spring.

Some other great things about spring are studying and eating outside. When it gets warm enough and Opus moves tables into the McEwen quad and the outdoor Commons tables are saved by 11:30 a.m. at the latest, you know Spring is upon us. Maybe more Frisbee than "studying" is accomplished but sometimes cracking a book is tough on a beautiful, sunny Thursday afternoon! (Are you reading this, Professors?)

Who doesn't like to drive with the windows open when the weather turns warm? I know it sounds simplistic but just being able to drive with my arm out the door makes me smile. SMILES! In the spring at Hamilton everyone is just happier. The blanket of seasonal depression lifts from our campus and people walk around with a little color in their cheeks and they smile as they pass you rather than burying their heads in scarves or hoods.

Last but not least, skirts are an important part of spring. Girls love to wear them and from what I understand, boys love when the girls wear them. The first day it's 50 degrees, just wait, the skirts will appear and hopefully the Uggs will be left inside. It might only be 50 but it might as well be 80 after the winter we've had.

The moral of the story is: there is so much to look forward to this spring at Hamilton. It might be no more than 20 degrees this weekend as you're packing up to leave the Hill, but when you return, there is more than you'll be able to handle... and that's a good thing! In two weeks time, go to a lacrosse game or tennis match. Check out the play in Minor Theater a few weeks after that. CAB has some great things going on after break and if you're interested in HamTrek, bring your bike from home so you can start training or at least get a team together and pass that bike off to someone who can use it! Seize the opportunities presented to you when our campus gets warmer. Even though it seems like the Hill might never thaw, I promise it will and when it does: you don't want to be left behind saying could have, would have and worst of all: should have.

by Eileen Starrett '07
Senior Sports Editor

On Behalf of The Spectator Editorial Staff

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INSIGHTS & IDEAS

Interview: Checking in with Cheng Li

by Eric Kuhn '09
EDITOR-AT-LARGE

Professor Cheng Li is currently on leave working for the Brookings Institution. Eric Kuhn checked in with him last week and here is part of the conversation.

What are you doing away from Hamilton in Washington?
I am on personal year this year. I am currently a senior fellow at Brookings. Brookings is the largest think tank in the United States. It is the biggest one – has over 100 fellows doing all types of research for domestic and international relations. I am in the new established China center, called the John L. Thornton. John Thornton was a president of Goldman Sacks and was on the Board of Trustees and so he contributed a great amount of money to the center. I am a visiting fellow and will be a senior fellow next year. This is one of the best research centers on China in the world. We have tremendous resources and access and close ties to both governments. Our delegation just visited China a few months ago and met with China's top leaders and spent 21 days - three weeks - in various parts of China. We met with entrepreneurs, business leaders, intellectuals, scholars, et cetera. We are doing cutting edge research. My expertise is leadership. This is a busy year for China, where China will have a major meeting this fall on the seventeenth Party Congress. We are preparing for that leadership transition and possibly policy changes.

Why do you think studying China is so important right now?
China is important. China is arguably the most important country. It is the country [that] to a certain extent will define the twenty-first century. This is not what I am saying, *Time Magazine* recently said the twenty-first century will largely be determined and affected by what happens with China and within China. This was a country previously known for economic backwardness and international isolationism. But within three decades it emerged [as] an economic powerhouse which also served as a frontier to economic globalization. Our Secretary of Treasury [said] that in the past five years, 40 percent of global growth came from two countries: United States and China. China will become the largest economic power in about 20 - 25 years. But of course, GDP per capita still probably will be the middle or lower level, but in overall strengths it is now already number three or four, following the United States and Japan, and will very soon surpass Japan and will be the number one in about 20 years. Now this country is also in a stage in the midst of political change as well. You see the leadership has changed from previously the real communists to business people or lawyers and entrepreneurs. Also, China's influence is changing in terms of military and economic strengths and also culture and sports. It is a multiple development in a short period of time so it will have an impact on the global economy and the global geopolitical structure.

So are you working on a book regarding this topic?
Yes, several books.

Do you think America is paying enough attention to China?
America is always very slow when it comes to changes in China. We tend to first ignore some important changes. We did not acknowledge there was a middle class in China. But now we realize that the middle class is the size of the United States. Also, China, in many ways challenges our conventional thinking. This is a one-party state government but survived though all kinds of crisis in the past 15 years and become very competitive in the international arena. But through our study of China, we do see the number of students studying the Chinese language increase by 6,000 in 1998 to 50,000 last year. Globally, there were 30 million people studying Chinese in the past five years. You look at the number of Chinese studying English it is about the population of the United States, about two to three hundred million people. And a huge number of students go abroad to study. So there is a tremendous gap between our resources put into studies and their resources. They are doing much, much better then studying the United States than the other way around.

Professor Cheng Li WWW.HAMILTON.EDU

What do you think America can learn from China and vice versa?
For the last 20-something years, China has been learning largely from the United States – how to do a market economy, how to benefit from global economic trade, and how to be competitive in the ever changing financial market. In the educational level, sometimes whole disciplines are introduced from the United States to China. For example, the field that I am teaching is called "International Relations." There was no such discipline in China when I was a student there. There was a similar one called "History of the Communist Revolution," that was it! But now there is international relations, international politics – all copied from the west. So you talk about learning, this is learning, this is studying. Not only political science, but economics, law, you name it – all disciplines.

What do you think America can learn from China?
How could it be possible for a country with so many problems [to] still make good policies? For example, 250 million people have lived in poverty during the past two to three decades. This country - when we talk about [...] China, usually we talk about human rights violations. But economic rights (not being hungry, having enough food, economic well being) [are] fundamental human rights and [China] has made tremendous progress in that area. We are lacking sometimes with how we deal with our poverty issues, economic disparity issues, what is happening within New Orleans not a year ago, but now. Also, China also uses the economic card to have more friends in the international arena. We only use our military might losing our ground in certain areas, particularly in our value system. But China constantly uses culture exchanges and economics to try and change its image. In many ways, China still has a bad image, but it has made some improvements.

You grew up in China. When did you come to America?
1985. I went to a Masters Program at Berkeley.

Now how did you get to Hamilton?
I liked teaching and liked liberal arts. I had a classmate at Princeton who said that Hamilton was a good school and he was a wonderful student, he must have received a good education from Hamilton. I came to Hamilton and ended up staying for 16 years! The college has been very generous to allow me to pursue fellowships. I like classroom teaching, but I also have other interests in academic research and policy discourse and the college has been very supportive in allowing me to get out from time to time.

When are you coming back to Hamilton?
I don't know when. In a couple of years.

Check the next issue of The Spectator *for the rest of Eric Kuhn's interview with Professor Li!*

Thumbs up

- **Doug Benson mocks the *Spec*. That's like mocking the athletes in the Special Olympics for running slower than the athletes in regular Olympics.**

- **Michael Blasie wins three public speaking awards, put that in your pipe and smoke it Colgate! (I understand it was an internal competition, but seriously, smoke it Colgate. Smoke it hard.)**

- ***The 300*: Boo Persia! Yay Freedom!**

- **Spring Break in sunny, exotic, sexy Albany, New York. Two out those three are true, try to guess which ones! (Hint: None.)**

Thumbs down

- **Seeing professors at the Fitness Center: I want to concentrate on your course material, not daydream about your chiseled calf muscles.**

- **Not to sound cruel, but if you can't swipe my meal card in under three seconds, I will find a robot that can…and then feed you to the robot. (I, Steve Allinger, am a terrible person.)**

- **Black ice and 100 mph winds: The deadliest team since shark-riding grizzly bears decided to throw flaming cobra spears.**

- **No dinner at Senior Dinners: Oh, our bad, Joannie. We're only kicking in 45K a year…times must be tough.**

by Stephen Allinger '09, Tyler Zink '07 & Ben Lee '07

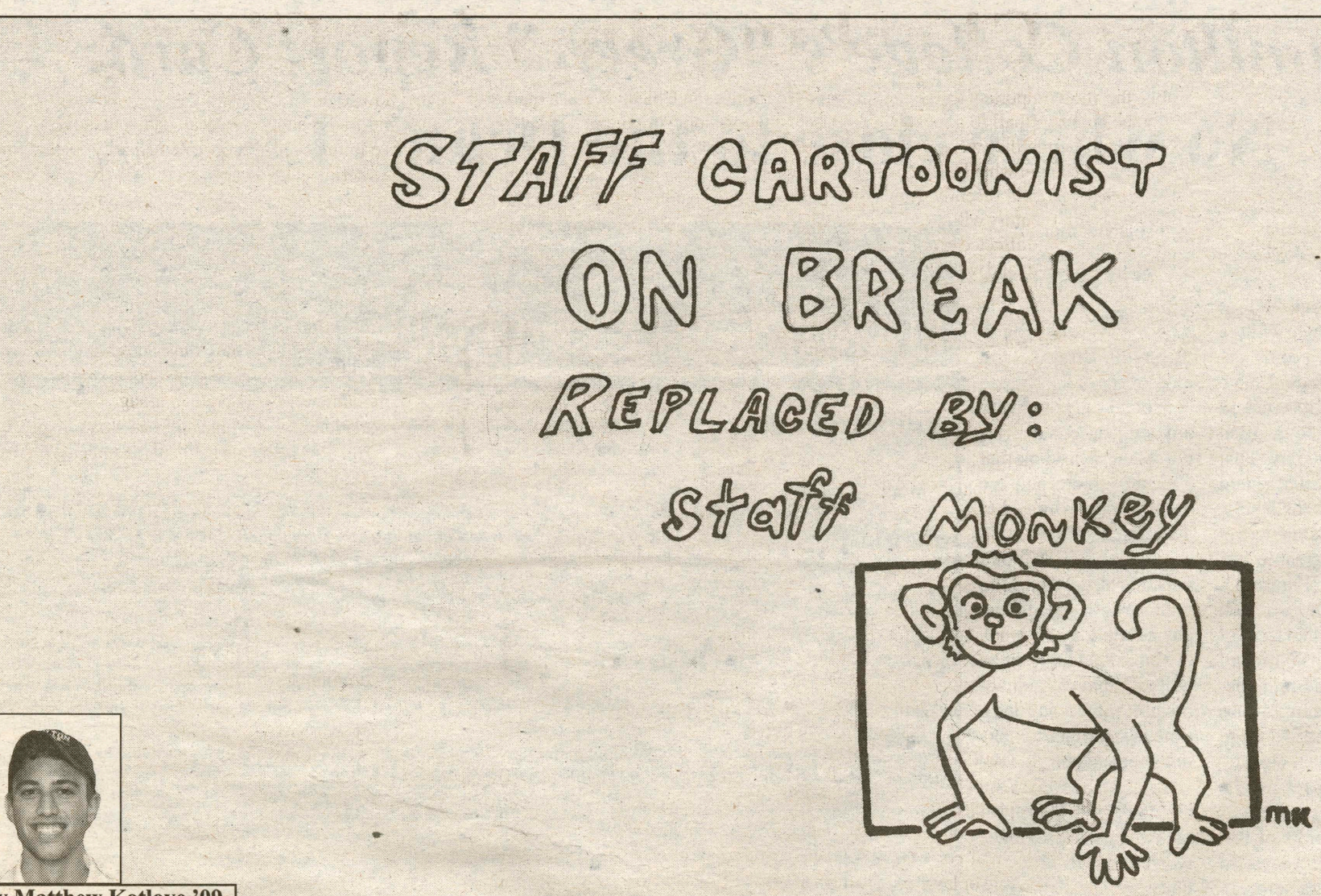
Who cares

- **Frantically detagging Facebook photos that continually surface from the Rocky Horror party. The internet will always have a record of your fugly.**

- ***The Daily Bull*: I think we speak collectively for the campus when we say: *What*?**

- **Midterms: You went to college. You knew the risks. Stop whining, little starving children in Utica would love to be eating your midterms.**

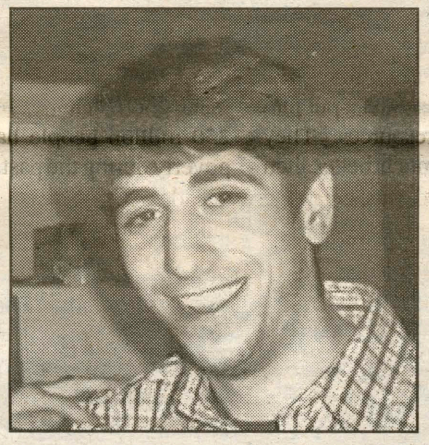
- **If I get one more classroom visit from the "internet research database lady," I am going to burn down the friggin' internet.**



by Matthew Kotlove '09
STAFF CARTOONIST

"Is this for *The* f%$#in' *Spectator*?

Colin McCarthy-Beauvais '07

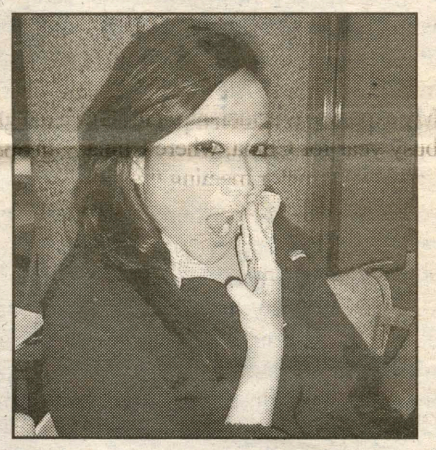


"Watching The (White) Rapper Show instead of writing my thesis."

Alex Preiss '07

"Ending up on a 'bait and switch' DVD."

Geo Custodio '08



"Hooking up with Geo... again."

Ingrid Tharasook '07

Hamilton Unscripted

This week's question:

What mistake are you hoping to avoid this Spring Break?

by Melissa Balding '09 & Lauren Moon '09

"Waking up next to a seal."

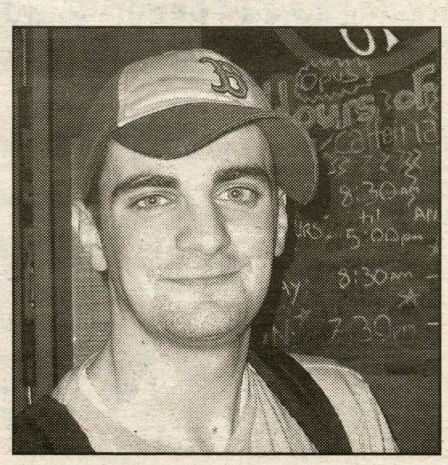
Marielle Matthews '09

"Teva tans."

Paxton Ramsdell '07

"Just because they're in the club, doesn't mean they're 18."

Tom Klaber '07



"I hope to God I don't over-cook my souffle...again."

Will Flanagan '07

Hamilton College's "Green" Report Card:
No where close to the Dean's List

by Elijah LaChance '10
Science & Technology Writer

It's the last week before spring break, and everywhere I look on campus it seems everybody's taking exams. I have three this week, and I've talked to people who have four, often with two on the same day. That being said, I thought that it would be only fair to release the results of a test the college is put to every year by the Sustainable Endowments Institute (Figure 1). The Institute looks at how well Hamilton (along with hundreds of other colleges and universities all over the country) is doing in using sustainable technologies and programs to limit what Al Gore would call our "carbon footprint" and our general impact on the environment around us.

Although the results of this survey are presented yearly to HEAG, they have never before to my knowledge been printed for the entire campus to see. I fail to see why not. We, the students of this college, have managed to find $40,000 dollars a year to come here; we deserve to see what kind of return on our investment we're receiving. Also, Hamilton is more than a school; in many ways, it is also our home. We eat here; we sleep here; we dispense of our waste here and these assessments give us an opportunity to see if the college is doing its part in limiting our impact on the environment. At Hamilton, the people whose job it is to not only educate us but to help us lighten our environmental footprint through good management of our communal spaces.

Furthermore, this assessment allows us to see how we are doing; the administration and employees of the college are not the only ones who are being assessed – it is the college as a whole that gets the grade, and we are reflected within that assessment. It's true that certain areas fall beyond our control, but the whole point of college is to one day become an alumnus or alumna, so these areas will not always be inaccessible; now is as good a time as any to start thinking about them.

As can be seen in the chart below, Hamilton received mixed reviews. Bon Appetit and the Farm to College program earned Hamilton an A in the Food and Recycling category. It must be said that, much as Bon Appetit is traditionally reviled in this publication and around campus, it is, as the report mentions, "one of the more environmentally and socially progressive food management companies." Also, the renovations on Skenandoah Hall, which earned a LEED (Leadership in Energy and Environmental Design) certification, helped Hamilton to a B in the "Climate Change and Energy" and "Green Building" categories.

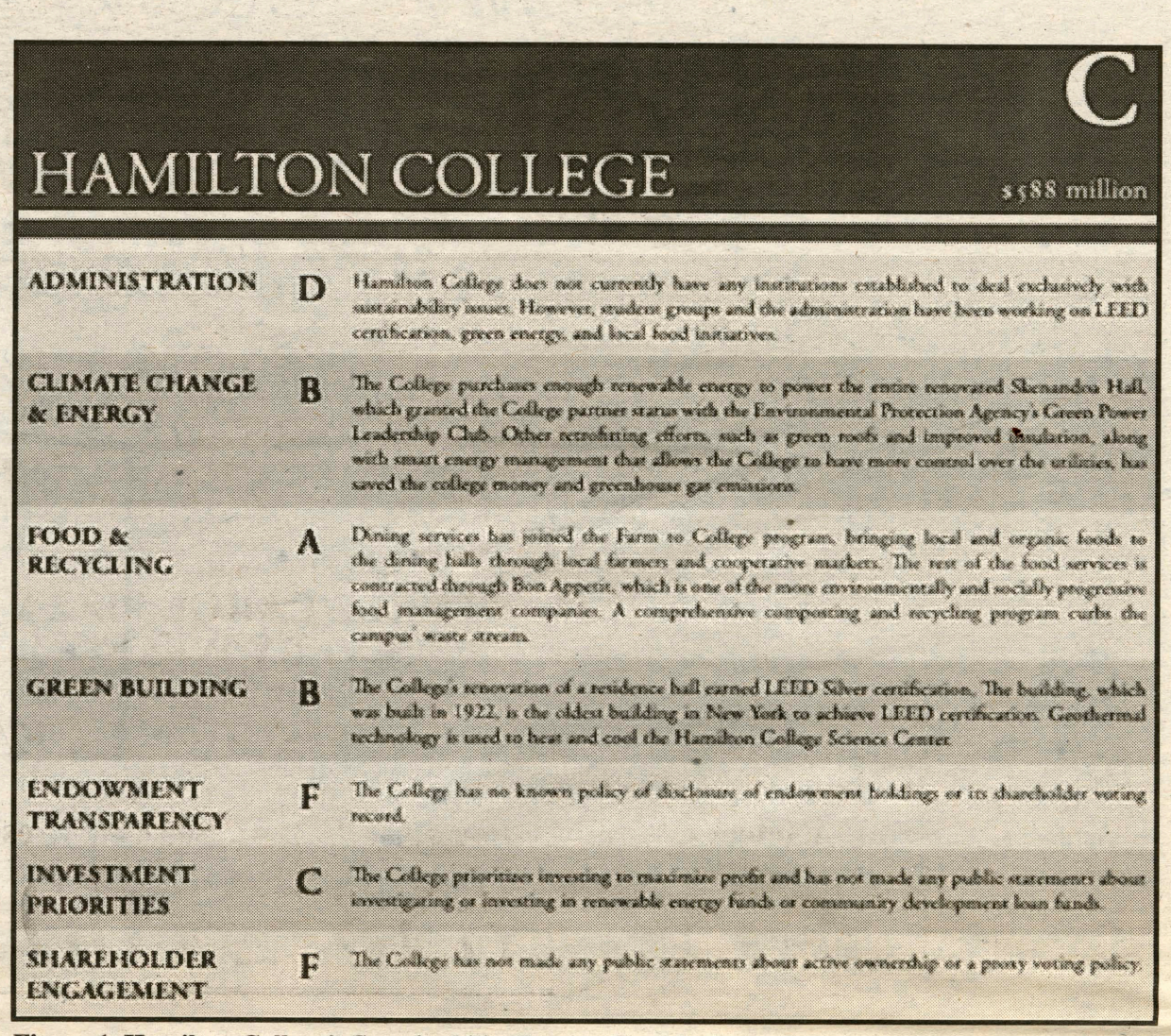

C
HAMILTON COLLEGE
$588 million
ADMINISTRATION
D
Hamilton College does not currently have any institutions established to deal exclusively with sustainability issues. However, student groups and the administration have been working on LEED certification, green energy, and local food initiatives.
CLIMATE CHANGE & ENERGY
B
The College purchases enough renewable energy to power the entire renovated Skenandoa Hall, which granted the College partner status with the Environmental Protection Agency's Green Power Leadership Club. Other retrofitting efforts, such as green roofs and improved insulation, along with smart energy management that allows the College to have more control over the utilities, has saved the college money and greenhouse gas emissions.
FOOD & RECYCLING
A
Dining services has joined the Farm to College program, bringing local and organic foods to the dining halls through local farmers and cooperative markets. The rest of the food services is contracted through Bon Appetit, which is one of the more environmentally and socially progressive food management companies. A comprehensive composting and recycling program curbs the campus' waste stream.
GREEN BUILDING
B
The College's renovation of a residence hall earned LEED Silver certification. The building, which was built in 1922, is the oldest building in New York to achieve LEED certification. Geothermal technology is used to heat and cool the Hamilton College Science Center.
ENDOWMENT TRANSPARENCY
F
The College has no known policy of disclosure of endowment holdings or its shareholder voting record.
INVESTMENT PRIORITIES
C
The College prioritizes investing to maximize profit and has not made any public statements about investigating or investing in renewable energy funds or community development loan funds.
SHAREHOLDER ENGAGEMENT
F
The College has not made any public statements about active ownership or a proxy voting policy.

Figure 1. Hamilton College's Sustainability Report Card from the Sustainable Endowments Institute. The 'C' in the top left is the overall grade. Reprinted with permission from HEAG.

Nevertheless, much must be done to improve Hamilton's score. Overall, Hamilton received a C, so we hardly made Dean's List. The problems seem to be centered around administrative issues. Hamilton got a D in "Administration," a C in "Investment Priorities," which the report mentioned were "to maximize profit" as opposed to providing a sustainable future for the world around us, and Fs in "Endowment Transparency" and "Shareholder Engagement," both of which are key for long-term environmental sustainability. Therefore, I'd like you to take a moment between your own grades and reflect on the grades of your college and what they mean for our communal environmental future. When we get back from break, I'll share some ideas as to how we can raise these scores in future years. After all, when the first test isn't good enough, a good student studies, reflects, and comes back ready to make a better attempt the next time.

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Bio Lounge (2nd floor S.C.) , 9:15 p.m. every Tuesday.

Biology Seminars right after Spring Break:

March 26th
Dr. Susan Zullo, FDA.
" Alternative Careers in Science: From Benchside to Bedside to Capitol Hill..."

April 2nd
Dr. Michael Temkin, Biology Department, St Lawrence University.
"Bizarre acts of sex and reproduction in marine bryozoans."

All Biology Seminars are held in Science Center G041 at 4:10 p.m.

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END OF THE SCHOOL YEAR!!!!

A select few have come close!! **See you Tuesday, and good luck!!**

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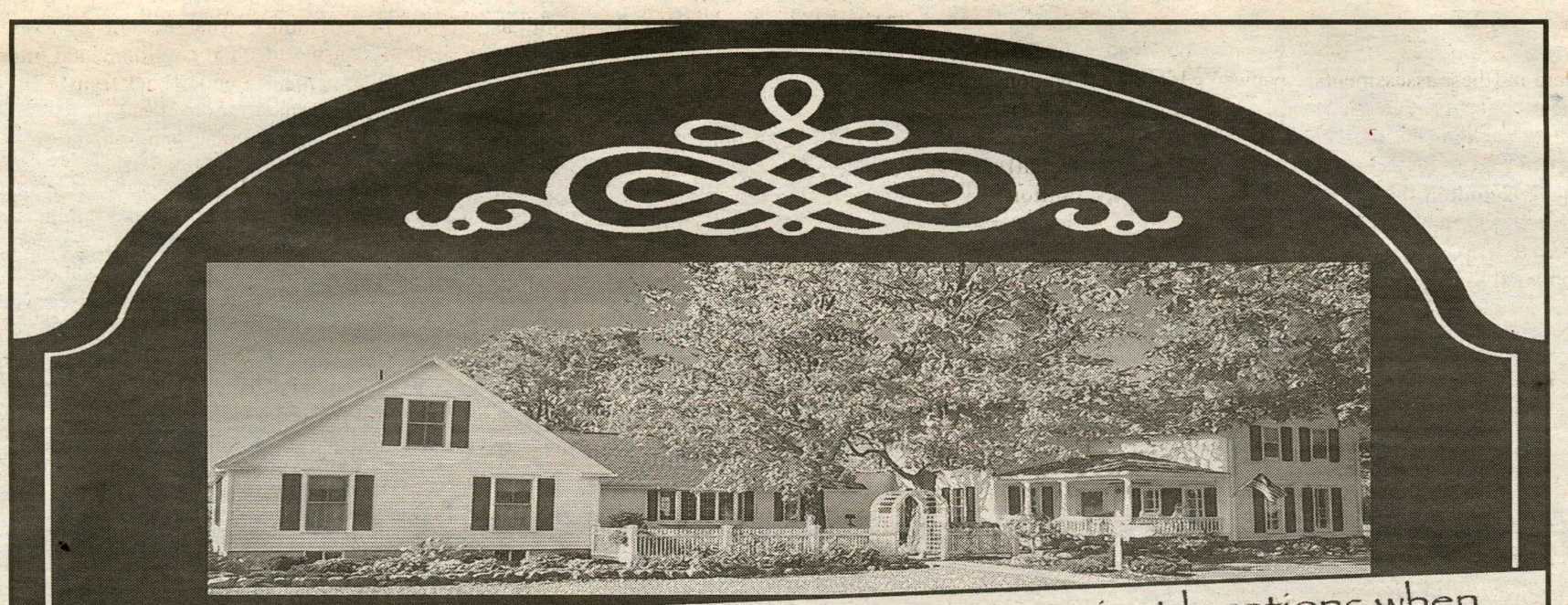

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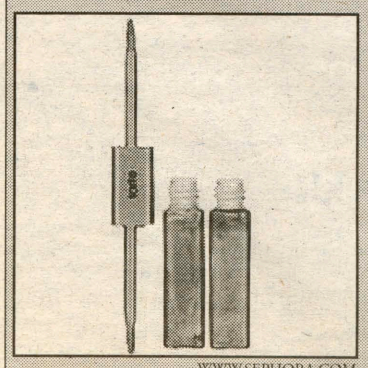
Lotions and Potions: What's With the Name?

by Elizabeth Kosar '10
Beauty Expert

So I'm convinced that the beauty industry has a sense of humor. Why else would they throw wacky products at us, like eyelash balm (seriously) and elbow exfoliant? But what is sometimes even better about beauty products are their funky names. Here are my favorites:

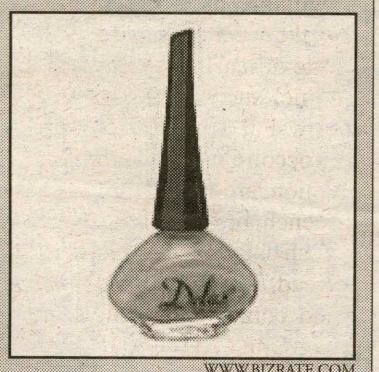
Tarte Lipgloss - Every one of these glosses is named after a famous couple. My personal favorite is Jake and Samantha, but there is a pair here for anyone.



WWW.SEPHORA.COM

Dumb Blonde Deep Conditioner by TIGI - 30 years ago you would not have been able to sell this product. The name would have completely turned people off. Too bad, because it works like a miracle at restoring overprocessed locks.

Pink Squirrel Nail Polish by Delux- This medium pink polish comes in a cool, retro bottle. But the real reason I bought it is that I like the idea of fluffy pink squirrels running around.



WWW.BIZRATE.COM

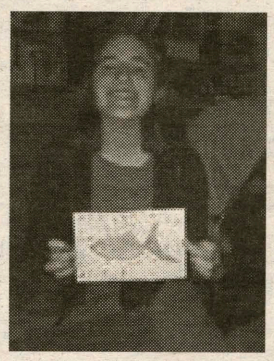
Urban Decay - It's kind of a depressing name, unless you're really into being dark and twisted. However, the best thing about this brand is that they are completely cruelty-free and a lot of their products are completely Vegan.

WWW.LONGLOCKS.COM

HTTP://UKSHOPPING.COM

Abroad in Paris: *Katie Naughton Searching For Art Amid Tourism*

by Katie Naughton '08
Features Writer



It's the French version of Where's Waldo. A little American kid in a baseball cap and a polo shirt who's name is Art. Just kidding.

It's actually what I'm doing here in Paris, even more than struggling to pronounce the word "truc," which is the word the French use for pretty much everything non-specific – from a small object, to a place, to an event, to an assignment on a course bulletin. It would be a very useful word, but its throaty French "r" followed by a pronunciation of the vowel "u" that makes it sound to me somewhere between "trick," "truck," and "trook," render me incomprehensible. I was practicing pronouncing it with a French friend, Catherine, walking through the streets looking for a sandwich shop that had a not-ham sandwich.

After we'd found our sandwiches (I got chèvre et crudités, or goat cheese with some lettuce and a couple slices of tomato), I informed her that I thought I might have it, and said the word again. She said, "You might have what?" not even realizing that I had tried, and failed, apparently, to say the word we had said fifteen times just a few minutes before. That's how bad it is.

I think the French may have decided to intentionally make this the most used word in conversation as a plot to identify foreigners.

But I digress, as I do daily in my search for Art. I was, as a Creative Writing major, enthusiastic about coming to Paris to tap into that deep and time-tested wellspring of literary Paris. The Paris of the lost generation, the Paris of Hemingway, of Fitzgerald, and the Paris of Pound, who actually only spent four years here, preferring Italy.

But what you read in all the tour books about the old neighborhoods of the literary crew is that they've turned commercial, the streets of St. Michel and Montparnasse, even Montmartre, are lined with clothing stores instead of book stores, literary cafés and cheap apartments. This is a phenomenon.

I remember reading about that happening in New York City as well. Art moves in and turns a trashy neighborhood trendy, followed by people with money who turn trendy into expensive, too expensive for Art, which rides along the receding cusp of poverty. Hemingway used to hunt pigeons in the parks for his dinner.

Not only is the scene hard to find, but also I'm having trouble finding my own inspiration. I've never lived in a city before, and have had some trouble figuring out how exactly one manages to survive in a place where nothing grows but pigeons. I'm finally having days I do nothing even mildly terrifying: my goal for myself my first few weeks was to do at least one thing that frightened me every day – order coffee from a café (I never knew which hours it was acceptable to just have a drink, and not order food), buy a stamp from the post-office ("What is the word for envelope?" I asked the woman in line behind me. "Envelope," she said), buy fruit from a market and not at the supermarket (no, you do not have to haggle).

But I think that my trouble is not merely the sheer volume of newness I'm bombarded with each day, but that I have no past to connect these new experiences to. I've discovered that my poetry always comes out of the layers of experience related to being in one place for a long time, new emotion connected to old, the perception of subtle changes. I have none of that acuity of vision here; it has been replaced by a wide-angle, catch-all approach that leaves little time for probing intricacies.

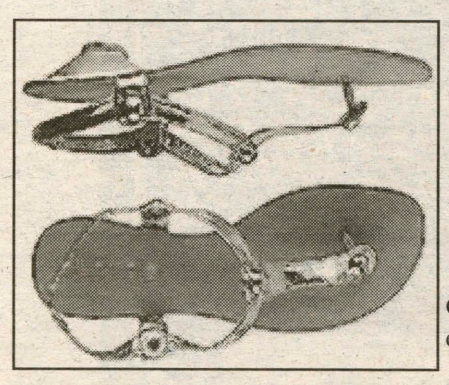
But bit by bit I am emerging from this inundation, and bit by bit I am finding a scene. I've been working on a story instead of poetry, having thought of a worthwhile plot for the first time in a long time, and have been attending a writing group at Shakespeare and Company, the bookstore founded by an American expatriate mentioned in *A Moveable Feast.*

What I'm starting to realize about literary scenes, though I'll have to do some more research on the Lost Generation to know if I'm right, is that they are perhaps not really scenes so much as shifting currents. They're the guys you see reading at an open-mic one week, and some girls you had coffee with in a café by Notre Dame, and some people you met at a picnic on the Seine on Saturday night. They're not codified and framed, organized by style and subject by a careful curator in a museum that charges you 8€ to enter. Nor are they Art, but the milieu swirling around you, unnoticed, on the streets, in the metro, in the park, hunting pigeons for dinner.

The Online Shopper: Spring Break Resort Wear

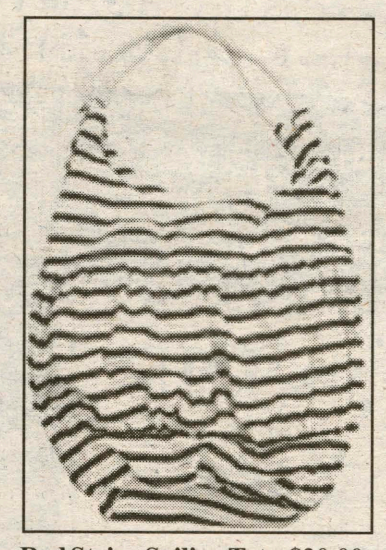
by Brittany Albert '10
Features Writer

Heading somewhere warm for spring break? Or maybe you're just ready for some sunshine. The Online Shopper has found your vacation essentials. Just be sure not to toss those heavy sweaters and boots yet. It will still be a Hamilton winter when we get back...



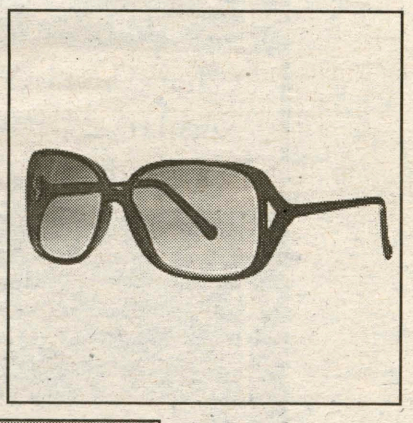
Charlize Sandals, $14.80, forever 21.com

James Perse Smocked Empire Cami Dress, $138.00, shopbop.com



Red Stripe Sailing Tote, $30.00, fredflare.com

Isaac Mizrahi for Target: Big Square Sunglasses with Smoke Lenses, $19.99, target.com



Cynthia Blouse, $98.00, jcrew.com

Restaurant Review: Panera; Always a Pleasure

by Mallory Reed '10
Features Editor

Panera, oh Panera, how do I love thee? Let me count the ways. For breakfast, lunch, dinner and dessert, you are sure to please. Even better, the fact that you are found in New Hartford, a mere eight or so miles from the hill, really rocks my carbo-craving socks.

Luckily for Panera lovers like myself, since it first opened in 1981, Panera Bread has been spreading across the U.S. and currently operates with 1027 bakery-cafes in 38 states. Working under the company mission, "a loaf of bread in each arm," Panera Bread bakes more bread each day than any other bakery-café chain in the country. According to the Panera website, www.panerabread.com, "Every day, at every location, trained bakers handcraft and bake each loaf from scratch, using the best ingredients to ensure the highest quality breads."

It's not just the bread at Panera that is strikingly fresh. The freshness and quality of all of the food at Panera makes it a refreshing and delicious fast food alternative. I'm a sucker for the crisp, inventive salads, hearty soups, and awesome sandwich creations at the café section of Panera.

The restaurant is divided into a bakery, featuring a variety of breads, bagels, cookies, muffins, tortes, and other treats, and a café, which serves an impressive selection of deli and specialty sandwiches, salads and soups. Also available at the bakery are baked-egg soufflés, available mornings only, which I have yet to try.

Although I tend to hit Panera at lunchtime and stick to the café, the bakery is definitely worth mentioning for its huge selection of baked goods and breads that form the basis of the sandwiches in the café. Panera features nine artisan breads, from whole grain to seasame semolina, eight specialty breads, such as tomato basil and cinnamon raisin, and two low-carb breads, which I won't even bother listing. Why go for bread if you aren't going to delight in its carby goodness? Bagels come in a variety of standard and special flavors, from plain and whole grain to chocolate hazelnut, dutch apple and raisin, and the new peanut butter banana crunch. Cream cheese is available in many plain and reduced fat flavors like hazelnut, honey walnut, raspberry, and sun-dried tomato. I don't know about you, but a French-toast bagel with honey walnut cream cheese sounds a little bit *too* good to me!

Probably the biggest disappointment about Panera is that it falls victim to the "sweets that look much better than they taste" syndrome. From behind the counter, the cinnamon rolls, bear claws, mini bundt cakes, and assorted muffins, scones and cookies look gorgeous nestled together, but a taste test almost always reveals a bland, too-sweet let-down. However, I have a friend who swears by the chocolate chip cookies and chocolate croissants. I think a person's taste for sweets has a lot to do with what they were brought up eating, and for me, the sugary creations at Panera just don't cut it.

Moving over to the café, which I happily hit up fairly regularly, I have developed a couple of favorite sandwiches, soups and salads. Starting with the sandwiches, I am a fan of the turkey artichoke hot panini, which is a delightful combination of smoked turkey, creamy spinach artichoke spread, melted asiago-parmesan cheese, fresh tomatoes and caramelized onions, all grilled hot on basil pesto focaccia. From the specialty sandwiches section my brother can't get enough of the chicken ceasar, a more inventive version of the standard sandwich, featuring all-natural pepper-mustard chicken, caesar dressing, asiago-parmesan cheese, tomatoes, red onions and spices, on artisan three-cheese bread. Deli sandwiches are also nice because you can pick design your own sandwich, with a choice of bread, deli meats, cheese and condiments. My dad absolutely loves Panera's tuna fish salad on whole-grain bread. All sandwiches come with a choice of a portion of a French or whole-grain baguette, chips, or a tiny apple.

Panera's generous "hand-tossed salads" are also served with a choice of baguette, chips or an apple. My favorite salad is the Fuji-Apple Chicken, with scrumptious all-natural citrus-herb chicken, crunchy field greens and romaine lettuce, tomatoes, red onions, pecans, gorgonzola cheese, apple chips and white balsamic Fuji apple vinaigrette. I like how the moistness of the cheese and chicken contrast with the crunchy nuts and apple chips. All the toppings are incredibly tasty and the vinagrette dressing is light and slightly sweet. I also really enjoy the simple Classic Café salad, which is a mix of field greens and romaine lettuce, vine-ripened tomatoes, cucumbers, red onions and a fantastic balsamic vinaigrette. What makes it such a good salad is the freshness and natural flavors of the vegetables, along with the really yummy dressing. At Panera the interesting combinations of creative and delicious ingredients make for some darn good salads.

WWW.PANERA.COM

Panera Bread is famous for its selection of bread baked fresh daily.

WWW.MENUMASTERS.COM

A platter of panini sandwiches at Panera.

Soups at Panera are available on different days of the week, most are available at least three days, and some, such as the standard Low-Fat Chicken Noodle, Broccoli Cheddar, and French Onion, are served daily. The French bread bowls, baked fresh daily with the rest of the bread, are incredibly popular and come with a choice of baguette, chips, and apple as well. My whole family loves the Low-Fat Vegetarian Black Bean soup, which is a satisfying concoction of black turtle beans, onion, red bell pepper, cilantro, garlic and cumin, in a vegetarian broth. It's flavorful but not overwhelmingly so. The Broccoli Cheddar is another classic, with chopped broccoli and shredded carrot simmered in a rich, velvety cheese sauce. My brother downs this creamy soup like it's his job. I also like the new Turkey Chickpea Chili, which is a spicy blend of turkey and chickpeas, slow-cooked with pasilla chili-cumin scented tomatoes, with diced onion, carrot, garlic and green chilies. Panera soups are perfect re-energizer on a cold Saturday afternoon after a trip to Walmart.

New to Panera is the Crispani, a hand crafted pizza on flatbread crust, available with BBQ chicken, roasted wild mushrooms, pepperoni, three cheese, tomato and fresh basil, and sweet sausage and roasted red peppers. Crispani are served only after 4 p.m. and take a little longer than the other Panera creations, or about 15 minutes. I just have to get myself over to Panera at dinner time to try them out!

In order to maximize my Panera experience, I almost always go for the "You Pick Two," which is a choice of two items: a half salad, a half sandwich and a cup of soup. You Pick Two combos also include the standard baguette, chips or apple choice. My absolute Panera favorite is the Fuji-Apple Chicken Salad, Black Bean Soup and a piece of a multi-grain baguette. It's a delicious, healthy and incredibly satisfying lunch or dinner.

Panera is also a great place to get a hot or iced cappuccino, espresso or hot chocolate. The beverage list is extensive, with an enticing array of hot and cold coffee and non-coffee drinks from homestyle lemonade, to iced chai tea latte and caramel lattes. Panera also has an extensive list of inventive I.C beverages, such as the I.C Mocha, I.C Cappuccino Chip and the I.C Honeydew Green Tea, which all seem to feature some combination of ice, espresso, whipped cream and chocolate. How can you go wrong?

Although the choice at Panera seems endless, a decision is often hard to come to while waiting in line. Panera is almost always busy, but no matter how long the line appears, things seem to move too quickly for me to decide what I want to eat. The staff behind the registers take orders by punching various combinations of food into the computer system and each customer is given a buzzer, which vibrates when the food is ready to be picked up at the counter. The whole process usually takes under five minutes. Thus, Panera is a good place to go when you are ready to eat!

The closest Panera to the hill is located at 4829 Commercial Drive in New Hartford, just past the turn into Walmart. It's a fun place to bring friends for a quick trip away from campus. Portions are generous, prices are reasonable, and the food is consistently delicious! Panera offers a vibrant, cozy atmosphere, which is perfect for enjoying some delicious grub! Next time you find yourself with a grumpy tummy, hit up Panera for a carbo-fix!

What's Cookin' in the Co-op: Super Smoothies!

by Laura Hartz '07
Features Contributor

We couldn't live without the blender at the Co-op; smoothies happen at least once a day, if not twice. Enjoy one of these healthy smoothies in the morning, for an afternoon pick-me-up, or as an after dinner treat. Also, if you happen to make it somewhere warm for Spring Break, try a smoothie as a refreshing snack. Here are some popular variations on the ice-banana-juice-or-soy-milk theme.

EM'SPOWER-UP-AND-GET-TO-CLASS SMOOTHIE

1 mango
1 banana
2 tablespoons almond butter
1 tablespoon flax seeds
½ cup vanilla or plain yogurt
1/3 cup frozen mixed berries
a little fruit juice to water it down

LJ'S SMOOOOOOTH OPERATOR

¼ cup raw oats
1/6 of a fresh avocado
3 tablespoons coconut
1 banana
1 small handful spinach
4 ice cubes
½ cup orange juice
1 teaspoon fresh ginger root, grated

SNIFFLES STOPPER SMOOTHIE

1 orange, peel and seeds removed
1 handful spinach
4 ice cubes
1 banana
1/3 cup fresh or frozen berries

SULLY'S SUNRISE SALUTATION

1 frozen banana
½ nectarine or peach
½ cup yogurt
2 tablespoons peanut butter
2 tablespoons maple syrup
½ cup soy milk

PURPLES PEOPLE-FEEDER

(makes a pitcher to share)
2 cups frozen blueberries
2 cups soymilk or regular milk
1 tray ice cubes
¼ can fruit juice concentrate (grape is best)
3 bananas
honey to sweeten

"What's Cookin' in the Co-op" is a weekly compilation of yummy concotions from the kitchen at Woollcott House. Try 'em out in your common room kitchen or impress Mom and Dad over break! Many thanks to the co-op members for sharing their culinary creativity!

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SAUSAGE	MEATBALLS	FRESH TOMATO
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CURED OLIVES	1.50/1.75	ROASTED PEPPERS	1.50/1.75
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SPINACH	1.00/1.75	PINEAPPLE	1.50/2.50
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BABY CLAMS	1.95/2.95	CARAMELIZED ONIONS	1.50/2.50
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#4	A LARGE BOWL OF HOMEMADE SOUP, GARLIC BREAD AND A MINI GARDEN SALAD & SODA	$5.00

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GRILLED BREAST OF CHICKEN, FRESH ROMAINE LETTUCE, SLICED FRESH TOMATOES & OUR FABULOUS HOUSE CAESAR DRESSING

GRILLED CHICKEN CORDON BLEU
GRILLED BREAST OF CHICKEN, SMOKED VIRGINIA HAM, SMOKED MOZZARELLA, FRESH ROMAINE LETTUCE AND SLICED FRESH TOMATOES WITH OUR FANTASTIC HOMEMADE HONEY MUSTARD DRESSING.

COLD ROAST PORK SANDWICH
LEAN PORK LOIN SLICED THIN W/ASIAGO CHEESE, RED ROASTED PEPPERS, FRESH ROMAINE LETTUCE AND OUR FAMOUS GARLIC BASIL MAYONNAISE

ROAST BEEF SUPREME
COLD, TENDER, MEDIUM RARE PRIME BEEF RIB SLICED THIN WITH SHARP CHEDDAR CHEESE, GRILLED SWEET ONIONS, FRESH ROMAINE LETTUCE, SLICED FRESH TOMATOES & OUR JAZZY HORSERADISH MAYONNAISE.

MARINATED VEGETABLE SANDWICH
ZUCCHINI, BROCCOLI, SWEET PEPPERS, MUSHROOMS, ONIONS, BABY CARROTS, SUGAR SNAP PEAS, GREEN BEANS, SUN DRIED TOMATOES, EGGPLANT & MUSHROOMS IN A BALSAMIC MARINADE, W/ROMAINE, TOMATOES & FETA CHEESE.

THE ITALIAN STALLION
CAPPICOLA, SALAMI, ASIAGO CHEESE, ROASTED PEPPERS, FRESH ROMAINE LETTUCE & SLICED TOMATOES WITH OUR SUN DRIED TOMATO VINAIGRETTE.

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ALL WHITE MEAT TUNA MIXED W/MAYO, CELERY, & A BIT OF SWEET PICKLE RELISH, TOPPED W/ROMAINE, CHEDDAR CHEESE & THINLY SLICED CUCUMBER.

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FRESH EGGPLANT CUTLETS, BREADED & FRIED, LAYERED WITH OUR FAMOUS TOMATO SAUCE, IMPORTED PECORINO ROMANO & GOBS OF MOZZARELLA.

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FRESH ROMAINE LETTUCE, TOMATOES, CUCUMBERS & HOMEMADE CROUTONS TOSSED W/OUR OWN HOUSE CAESAR DRESSING.

MARINATED VEGGIE SALAD FULL: $7.95 SIDE: $4.50 MINI: $2.5
FRESH BROCCOLI, SUGAR PEAS, GREEN BEANS, BABY CARROTS, EGGPLANT, ZUCCHINI, ROASTED PEPPERS, SUN DRIED TOMATOES, ONIONS, MUSHROOMS & MORE IN ZESTY BALSAMIC MARINADE W/KALAMATA OLIVES & FETA CHEESE.

HOUSE ANTIPASTO FULL: $9.95 SIDE: $5.95 MINI: $3.9
ROMAINE LETTUCE, TOMATOES, ASIAGO CHEESE, IMPORTED SALAMI, KALAMATA OLIVES, RED ROASTED PEPPERS, PEPPERONCINI, CECI BEANS, SLICED CUCUMBERS & CAPERS WITH OUR BALSAMIC VINAIGRETTE.

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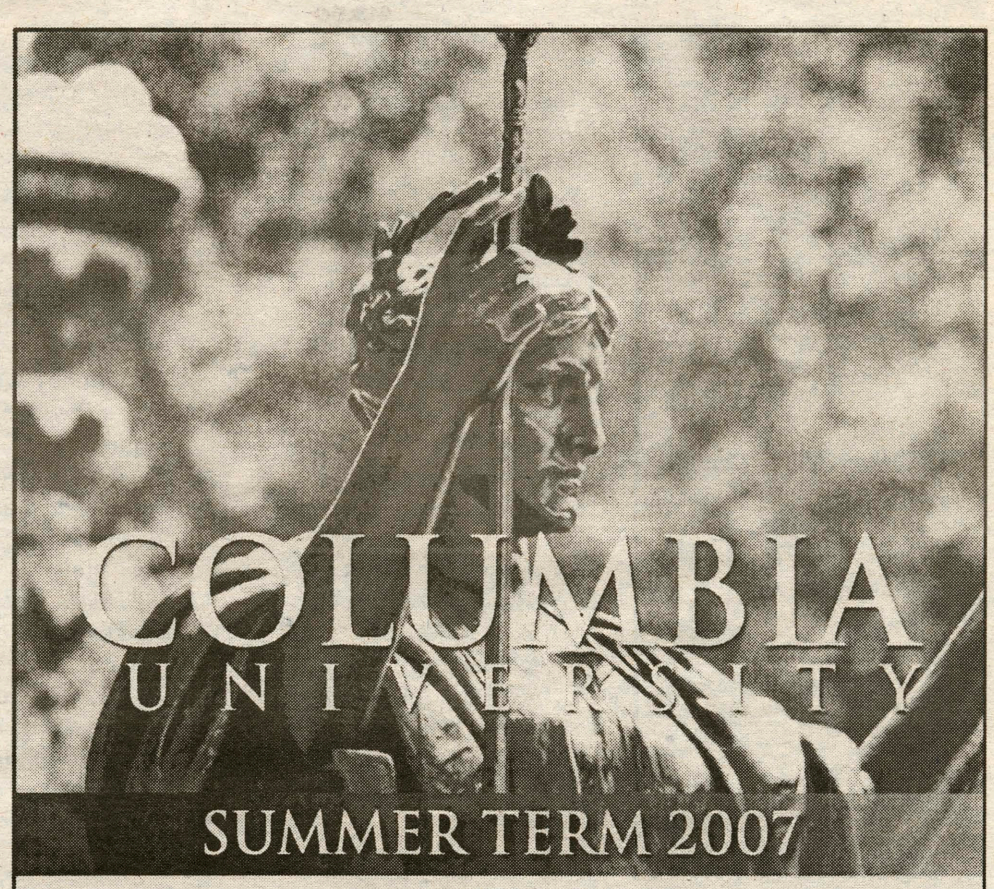

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Weekly Charts

by Nicole T. Dietsche '09
Arts & Entertainment Editor

MUSIC
(From iTunes)

Top Albums
1. Neon Bible - Arcade Fire
2. Alphabeat - Alphabeat
3. Back to Black - Amy Winehouse
4. Taking the Long Way - Dixie Chicks
5. There's a Beat In All Machines - Veto

Top Songs
1. Fibs (Logn & Latin) - KNA Connected
2. Grace Kelly - Mika
3. All Good Things (Come To An End) - Nelly Furtado
4. 10,000 Nights of Thunder - Alphabeat
5. Rehab - Amy Winehouse

MOVIES
(Yahoo! Box Office Charts)
1. Wild Hogs
2. Zodiac
3. Ghost Rider
4. Bridge to Terabithia
5. The Number 23
6. Norbit
7. Music and Lyrics
8. Black Snake Moan
9. Reno 911!: Miami
10. Breach

BOOKS
(From The New York Times Best Seller List)

Paperback Fiction
1. THE MEMORY KEEPER'S DAUGHTER, by Kim Edwards
2. THE HOUSE, by Danielle Steel
3. IRISH DREAMS, by Nora Roberts
4. THE DIVIDE, by Nicholas Evans
5. THE TEMPLAR LEGACY, by Steve Berry

Paperback Non-Fiction
1. THE MEASURE OF A MAN, by Sidney Poitier
2. THE GLASS CASTLE, by Jeannette Walls
3. EAT, PRAY, LOVE, by Elizabeth Gilbert
4. THE YEAR OF MAGICAL THINKING, by Joan Didion
5. DREAMS FROM MY FATHER, by Barack Obama

All The Odds Are Against Them: *300*

by Rebecca Griffin '09
Arts & Entertainment Writer

"Prepare for glory." That is the message that the poster for the movie *300* boasts. For those people who loved *Sin City* or people who just enjoy amazing special effects, *300* is definitely a movie to go see.

300 is the film adaptation of the graphic novel of the same name written by Frank Miller of *Sin City* fame. Directed by Zack Snyder, the movie is based on the legendary, historical battle of Thermopylae in which Spartan King Leonidas, played by Gerard Butler, and a group of 300 Spartan's engage in a battle to the death against the considerably larger army of Persian King Xerxes, played by Rodrigo Santoro.

The odds are against them but the Spartan's heroism and sacrifice inspire all of Greece to unite against the Persian invaders.

On some level this movie about struggles in ancient times really hits home with current events. King Leonidas proclaims in one scene that, "Before this battle's over the world will know that few stood against many." It's a story of a small group's struggling against a much stronger foe. The various battle scenes show rugged warriors prepared to do anything to fight and defend their country, even give their own lives.

WWW.MOVIEPOSTERS.COM

The movie *300* is based on Frank Miller's graphic novel. It opens in theatres everywhere this Friday.

While the story is of course of importance, the real draw of *300* is the movies visually stunning effects.

Like *Sin City,* the majority of the film was shot against a blue screen so that comic book images could be imposed behind it so it would retain an authentic feel. The graphics are incredibly realistic, while at the same time they maintain a grittiness that makes the images seem as if they really are comics in action. The movie also boasts dynamic action sequences. The trailer shows a sequence of action filled images as a voice proclaims "This is where we fight, this is where we die."

300 opens March 9 and is rated R.

100 Greatest Albums of All Time

by Nicole T. Dietsche '09
Arts & Entertainment Editor

The following are *Rolling Stone*'s picks for the 100 best albums of all time.

1. *Sgt. Pepper's Lonely Hearts Club Band*, The Beatles
2. *Pet Sounds*, The Beach Boys
3. *Revolver*, The Beatles
4. *Highway 61 Revisited*, Bob Dylan
5. *Rubber Soul*, The Beatles
6. *What's Going On*, Marvin Gaye
7. *Exile on Main Street*, The Rolling Stones
8. *London Calling*, The Clash
9. *Blonde on Blonde*, Bob Dylan
10. *The Beatles ("The White Album")*, The Beatles
11. *The Sun Sessions*, Elvis Presley
12. *Kind of Blue*, Miles Davis
13. *Velvet Underground and Nico*, The Velvet Underground
14. *Abbey Road*, The Beatles
15. *Are You Experienced?*, The Jimi Hendrix Experience
16. *Blood on the Tracks*, Bob Dylan
17. *Nevermind*, Nirvana
18. *Born to Run*, Bruce Springsteen
19. *Astral Weeks*, Van Morrison
20. *Thriller*, Michael Jackson
21. *The Great Twenty-Eight*, Chuck Berry
22. *Plastic Ono Band*, John Lennon
23. *Innervisions*, Stevie Wonder
24. *Live at the Apollo (1963)*, James Brown
25. *Rumours*, Fleetwood Mac
26. *The Joshua Tree*, U2
27. *King of the Delta Blues Singers, Vol. 1*, Robert Johnson
28. *Who's Next*, The Who
29. *Led Zeppelin*, Led Zeppelin
30. *Blue*, Joni Mitchell
31. *Bringing It All Back Home*, Bob Dylan
32. *Let It Bleed*, The Rolling Stones
33. *Ramones*, Ramones
34. *Music From Big Pink*, The Band
35. *The Rise and Fall of Ziggy Stardust and the Spiders From Mars*, David Bowie
36. *Tapestry*, Carole King
37. *Hotel California*, The Eagles
38. *The Anthology, 1947 - 1972*, Muddy Waters
39. *Please Please Me*, The Beatles
40. *Forever Changes*, Love
41. *Never Mind the Bollocks, Here's the Sex Pistols*, The Sex Pistols
42. *The Doors*, The Doors
43. *The Dark Side of the Moon*, Pink Floyd
44. *Horses*, Patti Smith
45. *The Band*, The Band
46. *Legend*, Bob Marley and the Wailers
47. *A Love Supreme*, John Coltrane
48. *It Takes a Nation of Millions to Hold Us Back*, Public Enemy
49. *At Fillmore East*, The Allman Brothers Band
50. *Here's Little Richard*, Little Richard
51. *Bridge Over Troubled Water*, Simon and Garfunkel
52. *Greatest Hits*, Al Green
53. *The Birth of Soul: The Complete Atlantic Rhythm and Blues Recordings, 1952 - 1959*, Ray Charles
54. *Electric Ladyland*, The Jimi Hendrix Experience
55. *Elvis Presley*, Elvis Presley
56. *Songs in the Key of Life*, Stevie Wonder
57. *Beggars Banquet*, The Rolling Stones
58. *Trout Mask Replica*, Captain Beefheart and His Magic Band
59. *Meet the Beatles*, The Beatles
60. *Greatest Hits*, Sly and the Family Stone
61. *Appetite for Destruction*, Guns n' Roses
62. *Achtung Baby*, U2
63. *Sticky Fingers*, The Rolling Stones
64. *Phil Spector, Back to Mono (1958 - 1969)*, Various Artists
65. *Moondance*, Van Morrison
66. *Led Zeppelin IV*, Led Zeppelin
67. *The Stranger*, Billy Joel
68. *Off the Wall*, Michael Jackson
69. *Superfly*, Curtis Mayfield
70. *Physical Graffiti*, Led Zeppelin
71. *After the Gold Rush*, Neil Young
72. *Purple Rain*, Prince
73. *Back in Black*, AC/DC
74. *Otis Blue*, Otis Redding
75. *Led Zeppelin II*, Led Zeppelin
76. *Imagine*, John Lennon
77. *The Clash*, The Clash
78. *Harvest*, Neil Young
79. *Star Time*, James Brown
80. *Odessey and Oracle*, The Zombies
81. *Graceland*, Paul Simon
82. *Axis: Bold as Love*, The Jimi Hendrix Experience
83. *I Never Loved a Man the Way I Love You*, Aretha Franklin
84. *Lady Soul*, Aretha Franklin
85. *Born in the U.S.A.*, Bruce Springsteen
86. *Let It Be*, The Beatles
87. *The Wall*, Pink Floyd
88. *At Folsom Prison*, Johnny Cash
89. *Dusty in Memphis*, Dusty Springfield
90. *Talking Book*, Stevie Wonder
91. *Goodbye Yellow Brick Road*, Elton John
92. *20 Golden Greats*, Buddy Holly
93. *Sign 'o' the Times*, Prince
94. *Bitches Brew*, Miles Davis
95. *Green River*, Creedence Clearwater Revival
96. *Tommy*, The Who
97. *The Freewheelin' Bob Dylan*, Bob Dylan
98. *This Year's Model*, Elvis Costello
99. *There's a Riot Goin' On*, Sly and the Family Stone
100. *In the Wee Small Hours*, Frank Sinatra

Disagree with Rolling Stone?

Think there should be a top 100 for other genres?

We want to know.

Submit ***YOUR*** list of the ***100 BEST*** rock/ alternative/ rap/ pop/ metal/ classical albums of all time to ndietsch.

Better Than A Blurb: Graphic Novel Cover Art

by Nicole T. Dietsche '09
Arts & Entertainment Editor

If you've ever read a graphic novel, you understand that there are some things that the art conveys that just can't be expressed merely in words. While one could argue that a great author doesn't need pictorial representation, I believe that the combination of an astounding author and capable artist who understands the author's message can't be beaten. A good story with poor art is just as bad as a bad story with good art. This being said, while the interior art of a graphic novel is important, the cover art is equally important.

PHOTO COURTESY OF WWW.JAMESJEAN.COM

James Jean's cover art for Fables 51.

James Jean, a 2001 graduate of the School of Visual Arts (SVA) in New York City, is the primary cover artist for DC/Vertigo Comics's graphic novel series *Fables*, which is currently on the syllabus for the Comparative Literature class, "How to Tell A True Story." Jean produces amazing artwork for each issue of *Fables* that give the reader an idea of what is to come in the story without even needing to read the blurb in the back. That is a successful piece of art.

Jean has won multiple awards for his art, including the Eisner Award for Best Cover Artist (2004 -2006), the Harvey Award for Best Cover Artist (2005, 2006), and the Gold Medal Society of Illustrators LA (2001). Besides working for DC/Vertigo Comics, Jean has also produced art for Dark Horse Comics, Marvel Comics, Warner Brothers, Interscope Records, Reprise Records, Burton, children's books' covers (HarperCollins, Simon & Schuster. Penguin Books) and multiple magazines including Spin, Rolling Stone, Time and Entertainment Weekly. As a freelance artist, Jean has also produced art for advertisements for AND1 and Nike, among others.

Jean has an uncanny ability to create very realistic works. Some of his paintings pay such close attention to detail that one could easily mistake it for a photograph. However, Jean also brings elements of the fantastic to other pieces of art in such subtle ways that one is left contemplating the piece for some time afterward.

For more information about James Jean, or to browse his artwork, visit www.jamesjean.com.

Hamilton Playlist
(music to mosh your face off to)

by Nicole T. Dietsche '09
Arts & Entertainment Editor

Since your tailfeather must be exhausted from last week's musical exertions, it's time to exercise your face. These songs have that beat that make you want to lash out and fling your hair around. On a mosh factor scale of 1-10, these songs are 7+.
Warning: Improper head-banging technique may result in concussion or severe neck pain.

1. *Writing on the Walls* by Underoath - This is one of those rare bands where the drummer is the singer. I give props to anyone who can remember words and keep time silmultaneously. Of course, the front man is there screaming his lungs out so you're not left completely lost as to where these voices are coming from. Mosh Factor Rating: 8.

2. *Face Down* by Red Jumpsuit Apparatus - Sure, their name might not make sense, but it's okay. This song, about domestic abuse, is accompanied by an awesome video where things are flying around, causing all sorts of violence and mayhem. Mosh Factor Rating: 7.5.

3. *I Set My Friends On Fire* by Aiden - This horror-rock band named after the creepy kid in The Ring know how to start a mosh pit. Exuding a Nightmare Before Christmas vibe and songs that make your head bob violently, this is one of the best songs to mosh to. Mosh Factor Rating: 9.5

4. *Five Vicodin Chased with a Shot of Clarity* by Atreyu - Mostly screaming vocals, but melodic guitars, this song will make you want to thrash around, and all that thrashing is very good for fat-burning. Mosh Factor Rating: 9.

5. *Girl at the Rock Show* by blink-182 - A classic. Has just the right beat to make you jump up and down, brandishing your 'metal' hand and taking out innocent bystanders. Brings us to a major rule of moshing: if you can't stand the bumping, get out of the mosh pit. Mosh Factor Rating: 9.8.

6. *Stand Up* by Trapt - Actually does make you want to stand up. Great, somewhat inpiring lyrics, fun guitar licks and all those good things that go into making a song awesome. Mosh Factor Rating: 8.5.

7. *Out Here All Night* by Damone - Again, great guitar licks and no chance to catch your breath. The video is a mini-horror movie where the members of the band are being chased by some mysterious entity with a murderous personality. Mosh Facor Rating: 7.

8. *I'm So Sick* by Flyleaf - The front woman is definitely the new girl of metal. It's amazing the amount of sound she can get out of her small frame. This song starts off calm with a great bass line and then rips into the chorus and never slows down. Mosh Factor Rating: 9.

9. *Monkey Wrench* by Foo Fighters - This is the best party song ever. You can dance or mosh to it and it's just plain fun. Sadly, one of the best things that ever happened to Dave Grohl was the murder/ suicide (whatever you believe) of Kurt Cobain. Mosh Factor Rating: 9.8.

10. *World War Me* by From First to Last - This is on my iPod and I once started listening to it unaware of how loud the volume was turned up. My ears almost started bleeding. Has a really cool melody looped through the drum, then the guitars then the vocals. Mosh Factor Rating: 10.

11. *Choke Me* by The Used - This song is the bonus track off The Used's self-titled album. Lead singer Bert McCracken screams with such force that you're convinced he's going to throw up. He does sometimes. Mosh Factor Rating: 9.5.

Other songs that are awesome but don't quite make the list:

***Worth Dying For* by Rise Against (it's all about the driving drums), *Bullet With Butterfly Wings* by Smashing Pumpkins ("The world is a vampire"... yeah, that song), *Pain* by Three Days Grace (deceptive start and verses, killer chorus), *Machinehead* by Bush (driving bass lines), *Buried a Lie* by Senses Fail (machine gun drum fills override the melodic vocals).**

Dream Season Comes to an End for Lady Continentals

Team falls to Scranton in Second Round of NCAA Tournaament; Looks Forward to Next Season

by Lindsay Getman '10
Sports Editor

The Hamilton Women's Basketball Team entered last weekend's NCAA Championship Tournament expecting to win, and win they did. They traveled to Scranton, Pennsylvania to play in the tournament for the first time in the program's history. Although they ultimately fell to the University of Scranton in the second round, the team has many things to be proud of from this season.

After winning the Liberty League Championship on February 24, the team received an automatic bid into the NCAA Championship Tournament. Of the victory and subsequent tournament opportunity, Jess Barrows '08 said, "Winning the league championship was a goal of ours from the beginning. Accomplishing that goal gave us a lot of confidence going into the NCAA tournament, especially because St. Lawrence had made it the past few years, and we knew that we could beat them." The team was eager to travel, and hoping to continue their four game winning streak.

The team played their first round game against Mount St. Mary at the University of Scranton last Friday. They were supported by a busload of fans, all eager for a great game. Neither team was able to pull far ahead in the first half. After several lead changes, Hamilton was up by four at the half.

Although they managed to build a ten point lead midway through the second half, the Continentals almost squandered it in the last few minutes of the contest. They were able to hold on however, with some key foul shots by Syndney Fasulo '09 and Pumla Sathula '08. The Blue Knights missed two opportunities to tie the score in the final seconds, and the Continentals held on for a 58-55 win.

Sathula pulled down a whopping 16 rebounds and scored 29 points to rack up her eleventh double-double of the season. Fasulo added nine points and Molly Kane '09 had nine. Madelyn McGuinnis '09 had eight boards.

The following night the Continentals took on the University of Scranton in the second round of the NCAA Tournament. Sathula had yet another double-double with 18 points and 13 rebounds, but it was not enough to lift the Continentals over the 27-2 Royals. Hamilton trailed for most of the first half, and was down 31-19 at the half.

The Lady Continentals fought hard in the second half, eventually tying things up 50-50 at 4:27. However, they were unable to shut down Scranton standout Taryn Mellody as she scored 19 of her game-high 29 points in the second half. Down by two with 24 seconds on the clock, Hamilton was forced to foul. Unfortunately, the Royals were 4-4 from the line, and Hamilton suffered a season-ending 52-58 loss.

Fasulo contributed 14 points and eight rebounds. Barrows had four steals, and she was proud and hopeful despite the loss, saying, "we were down at half time, came back and were right with them for the rest of the game until we had to foul, but now we know that we can do it again next year."

Kane added, "initially we were really disappointed after the loss to Scranton. We had an opportunity to upset the number three team in the country on their home court in front of 2000 people, but we didn't make the plays we needed down the stretch. The score was tied with two minutes to go, but we couldn't pull it off, like we did in our close wins this year against Utica, Union, RPI, St. Lawrence and Mt. St. Mary on Friday. In those games we made big shots and got key rebounds."

On the whole, the team has little to be disappointed about. Both Fasulo and Sathula were named the Liberty League First Team. This year's team members are already looking forward to next season. Kane says, "it was a really fun and exciting season, and we are really proud of what we accomplished. Although it's a long way away, we are excited about the prospect of next season and the chance to advance further in the NCAA tournament."

Barrows agreed, saying that, "this season has been incredible, a complete turnaround from last year. Making NCAAs was quite an experience. Against Scranton, things didn't fall our way in the end."

The team's record and accomplishments were especially impressive considering how young this year's team was. Barrows says, "we have the same team coming back next year, minus our one senior Liz Longley, so we should have a lot of confidence to do well again. I'm already excited for next season because we know what we are capable of. The amount of experience we gained this year with such a young team will payoff in the long-run. Thanks to the students and faculty who supported us this year, it was much appreciated."

Hockey Surpasses Expectations

by Lindsay Jones '09
Sports Writer

The Women's Ice Hockey Team wrapped up its season on Saturday, March 3, when they lost to nationally-ranked Middlebury College in a New England Small College Athletic Association semifinal game. Middlebury went on to lose 2-1 to Amherst College the next day, in a record-setting three overtime periods – the longest game in NCAA Division III women's hockey history, clocking in at just under 102 minutes. Amherst and Middlebury will represent the NESCAC in the opening rounds of the NCAA Tournament this weekend.

In the semifinal game, Middlebury started the scoring just 6:27 into the first period. Hamilton's leading goal scorer and freshman standout, Lauren Tomford '10 scored the game-tying power play goal, knotting the score at one-a-piece. Amy Allen '10 was credited with the assist, her eleventh of the season. At the end of the first period, Courtney DeMaria '10 put the Continentals ahead of the Panthers 2-1. Jodi Raymond '08 was credited with the assist. Raymond's assist marked her twenty-fifth career point.

Three goals in the second period, two of which were scored on the power play, gave Middlebury a 4-2 advantage going into the third period. Three more goals in the third period secured a championship game appearance for the Panthers. Meg Shine '10 was strong in the net, making 37 saves, stopping 14 of the first 15 shots on net. The Continentals were outshot 44-12, and four of the Panthers' goals were scored on the power play, which undoubtedly was the difference-maker in the game.

Although the Continentals will lose eight players to graduation this year, first-year Head Coach Brendon Knight and his returning players have much to look forward to next season. Strong performances by this year's freshman and sophomore classes will surely propel next year's squad to another playoff appearance.

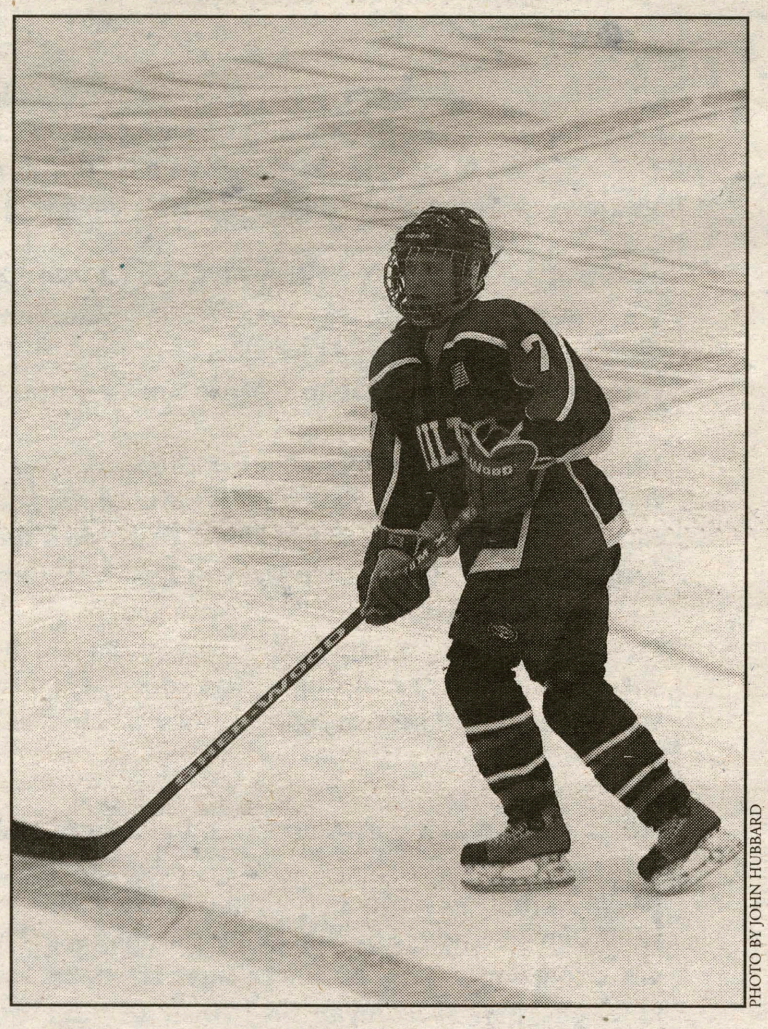

PHOTO BY JOHN HUBBARD

Marek '09 is a versatile player who will be counted on next year.

Baseball Heads on the Road Over Break

by Thomas Gillespie '09
Sports Writer

As spring nears, the Hamilton College Men's Baseball Team is gearing up for another season of exciting play. Practice is already underway for what many believe will be the best season in years. This year the team is under the guidance of new Head Coach Timothy Byrnes from Morrisville State College. Coach Byrnes was the head coach at Morrisville for two years before arriving at Hamilton. In his second year as head coach for the Mustangs, Byrnes stacked up an impressive nineteen victories. Coach Byrnes is assisted by Brent Barbato and Brendon Knight. Coach Knight is also the head coach of the Hamilton College Women's Hockey Team.

The entire team has set lofty goals for this season. Captains Pat McGarry '07, John Porges '07, and Pat Suarez '07 will help to lead the squad into battle this season against some very stiff competition. "We have set some high goals and expect to turn some heads in league play this year," said McGarry. Porges added, "We have an amazing opportunity on our hands with the arrival of Coach Byrnes, a solid freshmen class with lots of great pitching, and great leadership from the upperclassmen. Look for us to make some noise."

The team plays in the NESCAC West Division. This division is extremely competitive and includes Middlebury, Williams, Amherst, Wesleyan and Hamilton. Hamilton hopes to sweep their division rivals this year, hopefully earning them a spot in the NESCAC playoff series. Last year the team unfortunately went 8-26 for the season and 0-12 in league play. Former head coach Rocco Bouse could not be reached for comment on his first and only season as head coach of the Continentals.

The team will be traveling to Port Charlotte, Florida for spring break this year. While in Florida the team will play five games. Three of those games will be against league opponents: Bowdoin on March 20, Amherst on the 23, and Trinity on the 24. When the team returns to The Hill they will play two more away games. They face Cazenovia College on March 28 followed by Utica on April 4. Unfortunately, baseball fans will have to wait until the first weekend in April to watch a home game on historic Royce Field. If you see a baseball player before spring break wish them luck as they begin what will undoubtedly be a season for the record books.

Do you watch Sportscenter four times a day?

Support the Continentals at every home game?

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Underclassmen Lead Men's and Women's Tennis

Teams Look to Continue Success During Spring Season

by Maura Donovan '09
Sports Writer

This spring break the Women's Tennis Team will be training hard in sunny Orlando, Florida in preparation for their spring season. Lone senior Brittany Horn is ready to lead the team to a successful season. She is excited about the team's potential and that "everyone is prepared to step up and have fun."

In the fall, the Continentals lost only one dual match to Skidmore at the Liberty League Championships. They also placed fifth out of 15 teams at the NYSWCAA championships.

A big void in the team will have to be filled in the absence of Kara Powers '08 and Marni Powers '08. While the twins are studying abroad, Horn and the rest of the team will have to step up their intensity. The sisters played first and second singles, respectively. The duo also played in the first doubles slot. However, Head Coach Jamie King is lucky to have a strong group of underclassmen willing to accept the challenge. Laura Brantley '10 and Emily Poe '10 played well in the fall; they teamed up in second doubles and won as many games as they lost. Julia Houlden '09, Ashley Pardoe '09, Elizabeth Goheen '09 and Sarah Sallan '09 also have the talent and experience to help out the squad.

While in Florida, the team will play Simpson College, Wayne State, Saint Mary's of Indiana and the University of Puerto Rico. The first regular season match will be at home against Middlebury College on April Fool's Day.

The women's spring season consists of eight dual matches against NESCAC rivals and culminates with the NESCAC championships the weekend of April 27 at Amherst College. Amherst is the women's defending champion. Horn is anticipating a tough spring schedule but notes, "that the best part about playing against such good teams is that it raises our own level of play and makes us play that much better."

Men's Tennis Head Coach, Preston Denby, is optimistic about the spring season. In the fall, the team competed only in tournaments. The St. Lawrence Fall Classic and the ITA Northeast Regional Championships, hosted by Vassar, both presented the team with a chance to gain valuable experience. This spring, the team will be facing a very different type of competition, as they line up against 10 different teams in dual matches and then end the year off with the NESCAC championships, hosted by Amherst College.

Head Coach Preston Denby said that the team is currently "inexperienced, young and should get better." The team remains small with 10 players, six of whom competed during the fall. There are only two players who are returning from last year, Sophomores Jared Friedberg and Tom Bacon, and the team looks to them for guidance and leadership.

Nick Woodhall '07 just joined the team this year, but is improving with each practice. Expectations are high for Jared Solomon '08, who is back this season after taking three years off due to an arm injury.

There are currently six Freshmen on the roster, four of whom are walk-ons: Ben Freeman, Sameer Halani, Danny Hurwitz, Timothy Kubarych, Tim Pillsbury and Siddharth Walia.

Over spring break the team will be training at home and preparing for the season on their own. Upon returning the team will gear up for their first match against Connecticut College. This home match should set the pace for the season and get the team fired up to compete well.

The Continentals will take on five NESCAC teams this spring, including defending NESCAC champions Middlebury and the other tough squads of Trinity, Wesleyan, Colby and Bowdoin. Within the Liberty League, Hamilton will match up against Hobart, St. Lawrence, Union and Rensselaer. The season will be quite a test for this young team. Coach Denby's outlook is "guarded because [the team] is inexperienced, but hopeful and looking to improve."

Beat the Experts

Beat the "Experts" is by no means associated with organized gambling on professional or college athletics. Each week, we will pick winners in several games, and we will have a special guest pick winners as well.

	Nick Rockwell & Eileen Starrett *Spectator* Senior Sports Editors **39-38**	Brandon Leibsohn & Lindsay Getman *Spectator* Sports Editors **39-38**	Marty Connor *Spectator* Editor-in-Chief **34-43**	Matt Crowson *Spectator* Sci & Tech Editor **35-42**	Erin Hoener Softball Freshman **Visitors: 21-21**
NBA					
New Jersey @ San Antonio, 3/10	San Antonio	San Antonio	New Jersey	San Antonio	San Antonio
Minnesota @ Atlanta, 3/10	Minnesota	Minnesota	Atlanta	Atlanta	Atlanta
Philadelphia @ Indiana, 3/10	Indiana	Indiana	Philadelphia	Indiana	Indiana
Memphis @ Charlotte, 3/10	Charlotte	Charlotte	Memphis	Memphis	Good Ol' CLT
NCAA Basketball					
ACC Tournament Champion. 3/11	North Carolina	North Carolina	Maryland	Duke	North Carolina
SEC Tournament Champion, 3/11	Florida	Florida	Kentucky	Florida	Florida
Big East Champion, 3/10	Georgetown	Syracuse	Pittsburgh	Georgetown	Marquette
NHL					
NY Rangers @ Pittsburgh, 3/10	Pittsburgh	NY Rangers	NY Rangers	Pittsburgh	Pittsburgh
Boston @ Philadelphia, 3/10	Boston	Philadelphia	Boston	Boston	Philadelphia
New Jersey @ Buffalo, 3/10	Buffalo	Buffalo	Buffalo	New Jersey	Buffalo

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Men's Lacrosse Opens Season With New Head Coach

PHOTO BY JOHN HUBBARD

Hamilton will count on strong play from its returners.

By Ezra Rosenberg '10
Sports Writer

Hamilton's Men's Lacrosse Team under first year Head Coach Scott Barnard is hoping to improve on their 11-4 record from last season. The team began their first day of practice on February 15 and has already played in two scrimmages.

The scrimmages served the specific purpose of allowing Head Coach Barnard the opportunity to evaluate and find out what kind of personnel he has on the team. Barnard highlighted the fact that this year the team will be expected to play with a different style than they are accustomed to using. The new system will take some time to be successfully implemented, but thus far the progress is encouraging.

Over spring break the Continentals will be playing some quality competition. Their trip starts out in Cocoa, Florida against Univ. of New England on March 13. The team will then face number four Wesleyan in West Palm Beach on March 15, before traveling to Hoboken, N.J. to face number eight Stevens Tech. on March 17.

These quality opponents will certainly be a challenge and they present an opportunity for the Continentals to fine-tune their new system. Victories against Top-25 teams would be a great step for the team. Co-Captain Michael Daley '07 certainly believes this as he said, "Beating them would really send a message about how good we are." Daley will be joined by Senior Co-Captains Nate Harris, Clark Winter and Ian Chambers.

The trip to Florida, which starts Saturday, is a great opportunity to practice without having to worry about the weather and get in good training hours. Barnard, who comes to Hamilton from Herkimer County Community College where he won national championships as a head coach, assistant and player, believes his new team is best defined as balanced. The Continentals boast a senior goalie with two good freshmen backups and a good balance of offensive and defensive players in every class.

Currently the team's defense appears to be slightly ahead of the offense as far as displaying strengths. Coach Barnard is not worried, however, as he believes this is normal at this point in the season. Offensively, the coaches are building a foundation of how they want the student-athletes to be lacrosse players on the field by understanding the game of lacrosse.

A huge emphasis for the team is the concept of "one at a time." The team is looking forward to the season and the competition, but Head Coach Barnard is continually emphasizing, one day at a time, one practice at a time, and one game at a time. So right now the Continental's entire focus is on Univ. of New England. The ultimate goal for Hamilton is the Liberty League Championship. The coaches and the players agree. Daley believes they have the talent, "We are good enough to win a Liberty League Championship. Anything short of that would be a disappointment." The first step then is working in practice today, and against Univ. of New England on March 15.

Hamilton's first home game of the year is Saturday, March 24, against ninth-ranked Nazareth.

Track Strong Across Board

Bond '09 Earns Many Honors; Is Sole Qualifier at Nationals

by Kate Greenough '09
Sports Writer

The Hamilton Men's and Women's Track Teams have completed yet another successful indoor season. The season concluded with six new school records, a multitude of state qualifiers, and dozens of personal bests.

The Continentals aimed to make a name for themselves in the Liberty League and fill the voids left by the graduated seniors. Upperclassmen stepped up and provided leadership and depth while Freshman competitors contributed significant points and talent. In their rookie season, Peter Kosegei '10, Will Reid '10, Katie Mann '10, Elizabeth Wahl '10 and Alexandra Americanos '10 proved they could keep pace with veteran members of the team.

Both the Men's and Women's Track Teams relied on powerhouse field events. The jumping squad was by far the greatest source of team points and was led by Akilah Bond '09, Tigar Ductan '09, Claudius Zorokong '08, Jen Orbaker '07 and Lauren Steates '07. Ductan, Zorokong and Bond all earned League, State and ECAC honors.

Bond, who broke both the triple and long jump records this season, was the team high scorer with 109 total points. Additionally, she was the sole qualifier for Nationals with her school record of 11.51 meters in the triple jump. Bill Kearney '08, Jess Dimichiel '08 and Kary Pardy '08 also made a solid throwing team with consistent placement in meets.

On the track, the Continentals depended on long sprinting and middle distance events for seasonal wins. Allan Guiney '08 led most distance events and also earned ECAC honors.

"We will continue to be really strong in the jumping and distance events," Sullivan adds. School record holder Laura Belden '07 will head a deep javelin team this 2007 outdoor season.

After placing third in the Indoor Liberty League meet, the teams hope to improve upon their indoor performance and take the outdoor league championship once again. St. Lawrence and RPI have shown consistent improvement and multi-event depth as well; competition will be tough and extremely close.

"We have a talented group of motivated and fun seniors that will lead this team to higher ground," proclaims women's coach Ellen Hull, optimistically. The 2007 outdoor season will be Hull's 14th season as head coach. The Continentals are looking forward to warm weather, personal success and team achievements. For seniors Sarah Downey, Elizabeth Debraggio, Laura Belden, Rachel Bennek, Danielle Massee, Jen Orbaker, Lauren Steates, Joe Sullivan, Luke Thornblade and Rob Taylor, it will be their last season as a Hamilton Continental.

Sullivan shares the opinion of most veteran members when he states, "Being a member of the team has exposed me to a bunch of great kids who I might not have had the chance to get to know as well as I have. I've continued to be close friends with many of them right from the start."

Make sure to visit the track and come support the Continentals and senior members during the upcoming outdoor season.

A Look Ahead for Hamilton Athletics:

Friday 3/10:

Indoor Track and Field (W) NCAA Division III Championship

Monday 3/13:

Tennis (W) v. Wayne State @ Lake Cane
Lacrosse (M) v. University of New England @ Jupiter Park
Lacrosse (W) v. Franklin and Marshall @ Wellington

Friday 3/17:

Lacrosse (M) @ Stevens Institute of Technology
Crew (W) @ Aiken/Augusta Invitational
Crew (M) @ Aiken/Augusta Invitational
Softball v. Endicott @ Kissimmee
Softball v. Smith @ Kissimmee

Go Blue!